

Causes & Effects of Stress

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Introduction

- The world today is full of tension. Wherever we go we find people are tense & nervous
- Stress & tension is more common than cold or cough



The Impact of Stress on Health

Stress is a fact of life and can affect individuals in a variety of ways. At some point in life, every individual experiences some degree of stress; some individuals experience stress more often than others and some have difficulty dealing with stress.

Stress can be manifested from any situation or thought that causes an individual to experience frustration, anger, and nervousness, whereas anxiety is a feeling of fear and apprehension.

Forms of Stress

◆ **Forms of Stress**

According to the American Psychological Association (APA), stress can be categorized as acute, episodic acute, and chronic.

Acute Stress

- ◆ Acute stress is the most common form of stress and is short term. It is described as a reaction to an immediate threat, commonly referred to as the fight or flight response. Common causes of acute stress include noise, danger, crowding, or isolation.

Episodic Acute Stress

Episodic acute stress is prevalent among those individuals whose lives are constantly chaotic and demanding. These individuals are always in a rush and tend to take on too many tasks at one time. Individuals who worry a lot are also prone to episodic acute stress.

Chronic Stress

- ◆ Chronic stress is defined as a type of stress that occurs over a long period of time from either internal or external stressors. Common causes of chronic stress include financial problems, death of a loved one, long-term relationship issues, or having a demanding job or work schedule.

Stress symptoms:

Effects on your body and Common effects of stress behavior

Indeed, stress symptoms can affect your body, your thoughts and feelings, and your behavior. Being able to recognize common stress symptoms can help you manage them. Stress that's left unchecked can contribute to many health problems, such as high blood pressure, heart disease, obesity and diabetes.

Common effects of stress

On your body	On your mood	On your behavior
Headache	Anxiety	Overeating or undereating
Muscle tension or pain	Restlessness	Angry outbursts
Chest pain	Lack of motivation or focus	Drug or alcohol misuse
Fatigue	Feeling overwhelmed	Tobacco use
Change in sex drive	Irritability or anger	Social withdrawal
Stomach upset	Sadness or depression	Exercising less often
Sleep problems		

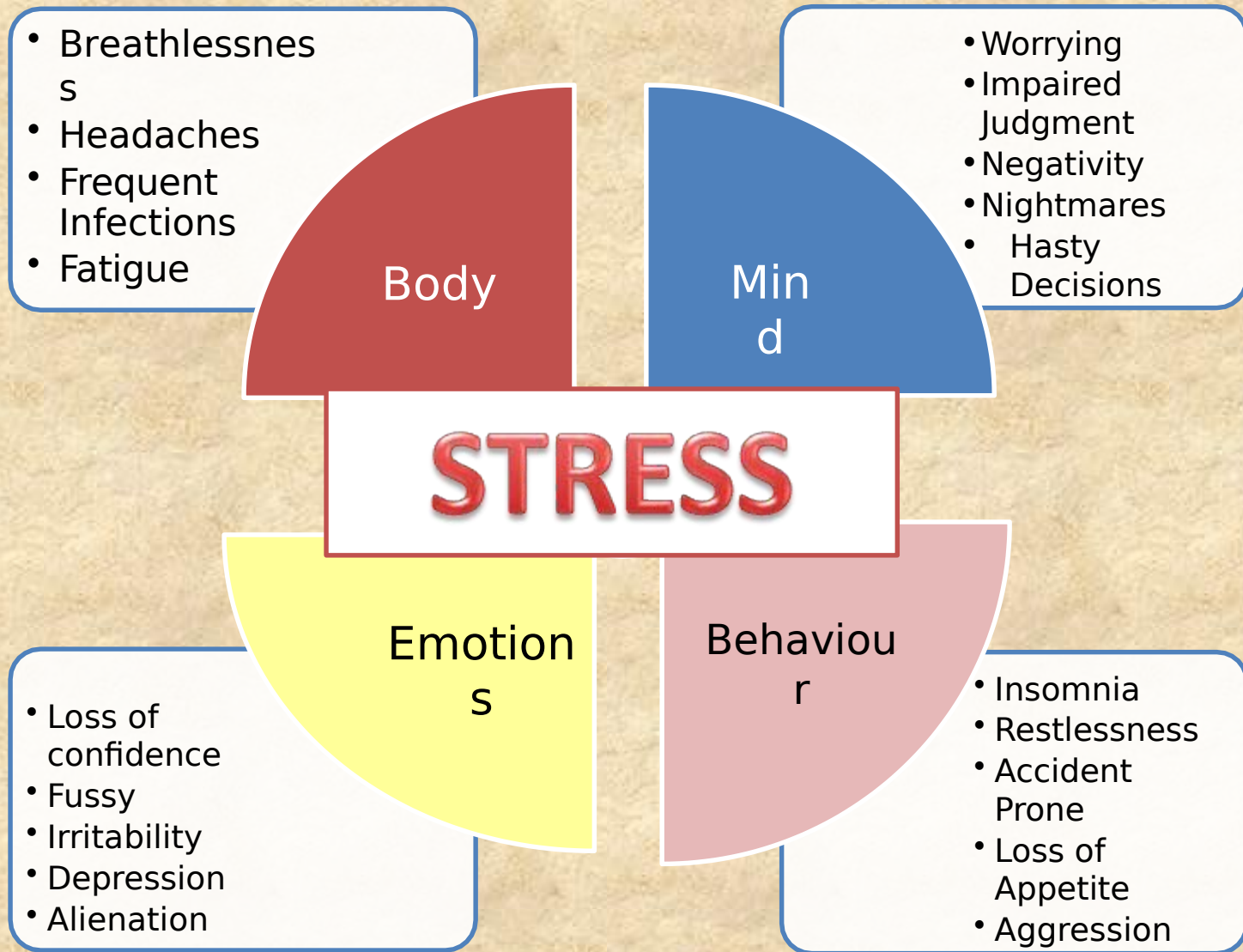
Types of stress: Good & Bad

- Some stresses get you going & they are good for you- without any stress at all one may become lazy and our lives will become boring
-
- ◆ However, when stresses undermine both our mental and physical health they are bad.

Stress Performance Connection



Effects of stress



Causes of Stress

Causes or factors of stress are known as stressors. There may be responses in the human being due to the felt stress or inner pressure state. It can be of two types:

Body responses

Psychological responses

Moreover, stress is a big problem in the medical field as it contributes 75% of bodily diseases.

STRESSORS

- ✓ **Physical Stressors** (Injury, infection, exercise, noise, climate)
- ✓ **Emotional Stressors** (Frustration, conflict family, transition of life)
- ✓ **Environmental Stressors** (Social activities, health, finances, job)

Symptoms of stress

- **Feelings**
- **Behavior**
- **Physiology**

Feelings

- The individual becomes anxious and is scared.
- The person feels that he has got something to loose or something wrong will take place.
- The person becomes irritable and moody.
- Individual develops a negative frame of mind and suffers from low self-esteem.
- The person loose faith in his capabilities and is afraid of the failures

PHYSIOLOGICAL AND BEHAVIORAL CHANGES

- **Speech problems.**
- **Impulsive Behavior**
- **Crying for no apparent reason.**
- **Laughing in a high pitch and nervous tone of voice.**
- **Grinding of teeth**
- **Increasing smoking and use of drugs and alcohol.**
- **Being accident-prone**
- **Perspiration /sweaty hands**
- **Increased heart beat**
- **Trembling**
- **Nervous ticks**

PHYSIOLOGICAL AND BEHAVIORAL CHANGES

- **Dryness of throat and mouth.**
- **Tiring easily**
- **Urinating frequently**
- **Sleeping problems**
- **Diarrhea / indigestion / vomiting/ nausea**
- **Butterflies in stomach**
- **Headaches**
- **Premenstrual tension**
- **Pain in the neck and or lower back**
- **Susceptibility to illness**
- **Loss of appetite or over eating**

EFFECTS OF STRESS

- **Stress response**
 - **Disease**
- **Decreased immune response**
- **Mental illness**

Personal Stress

Hassles

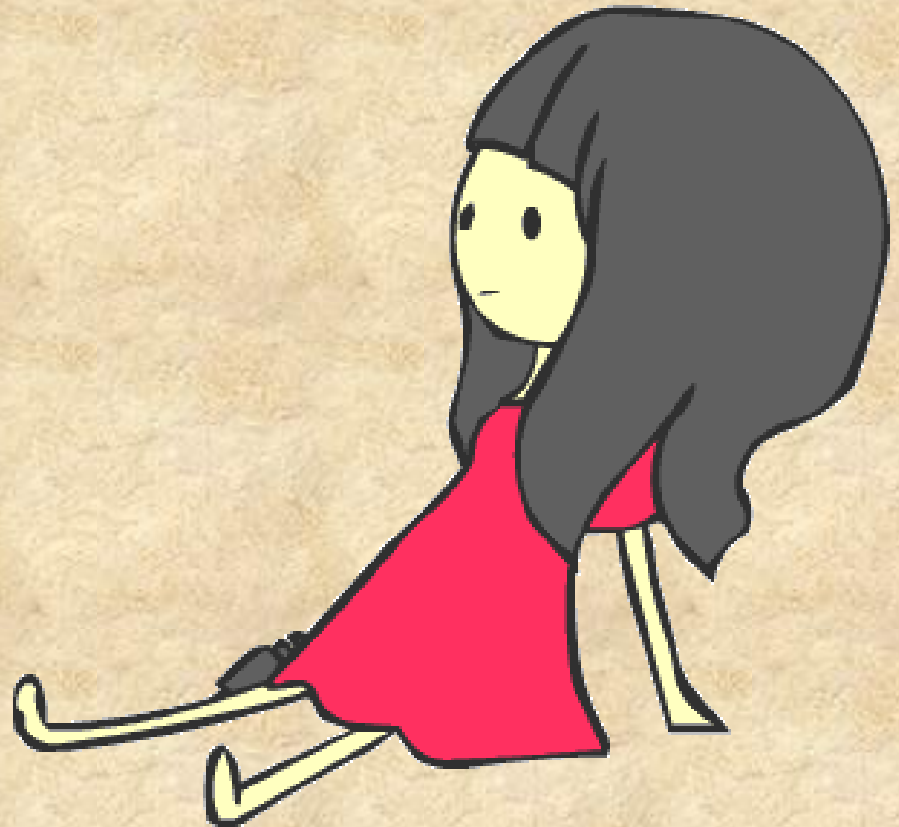
Life events

Personality

Cognition

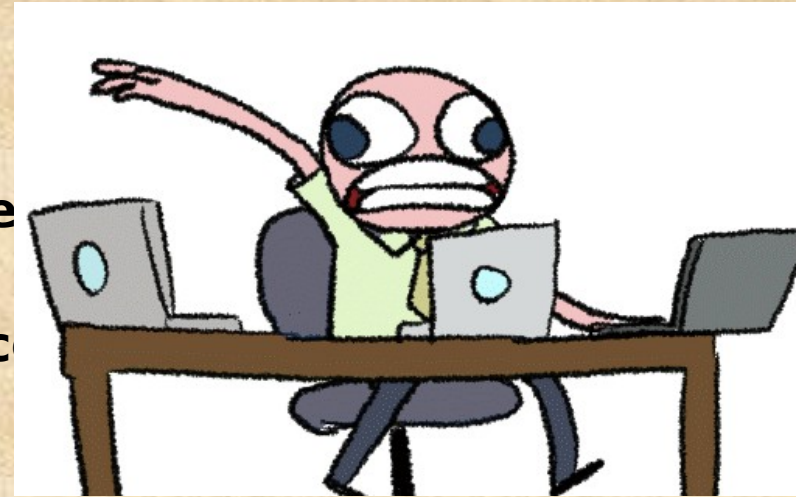
Conflict

Life style



Stress at Work

- ◆ • **Sickness absence**
- ◆ • **High staff turnover**
- ◆ • **Poor communication between te**
- ◆ • **Bullying**
- ◆ • **Lack of feedback on performance**
- ◆ • **Value and contribution**
- ◆ • **Technological change**
- ◆ • **Lack of clarity of roles and responsibilities**
- ◆ • **Dissatisfaction with non monetary benefits**
- ◆ • **Working long hours**
- ◆ • **Boring and mundane work**
- ◆ • **One - off incidents**
- ◆ • **Uncomfortable workplace**
- ◆ • **Lack of training**



Challenges in Competitive Society

Emotional

Complicated situations

Difficult people,
insoluble problems,
fear of what will
happen

Aroused, changes in
body chemistry →
want to hit out or run
away → cannot → we
swallow hard,
contain the feeling
and sustain the
stress- not released



Effects of Stress

Impaired performance.

Burnout.

Mood disturbance.

Concentration
difficulties.

Sleep and appetite
disturbances.

Lethargy.

Other medical problems.



Burn Out

Stress And Illness

Fight or flight
response is
inappropriate for
21st century life

Link between
stress and illness



Stress and CHD

Coronary Heart Disease

The Framingham heart study

Friedman & Rosenman

High cholesterol

Hypertension

Smoking

Lack of exercise

Obesity

American Heart Association



STRESS AND CHOLESTEROL - FINDINGS

Accountants had higher levels of cholesterol during tax season

Medical students had higher cholesterol levels before finals

Military pilots had higher cholesterol levels at the beginning of training and examination periods



Stress-Related Illness

- ◆ **Stuck in high gear**
- ◆ Is it possible to worry yourself sick? Your body has a hard-wired self-defense system commonly known as the fight-or-flight response. The response is supposed to kick in when you encounter an immediate physical threat and turn off when the threat passes.
- ◆ However, your body can get stuck in fight-or-flight-mode because of stress, and this can cause health problems.

Illnesses Caused by Stress

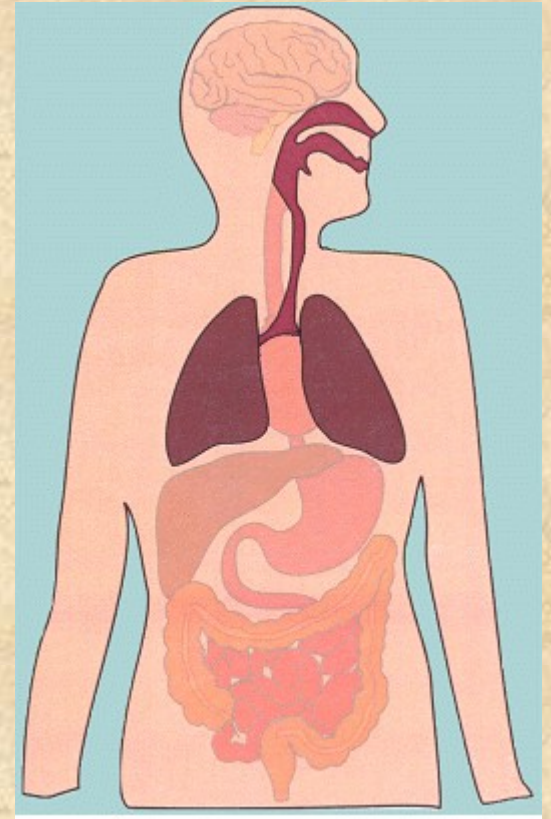
Respiratory Disorders

Common Cold

Rhinitis (Congestion of nasal mucous membrane)

Rhinovirus. This bunch is most active in early fall, spring, and summer. They cause 10%-40% of colds. You'll feel plenty miserable when you catch one, but the good news is they rarely make you seriously sick.

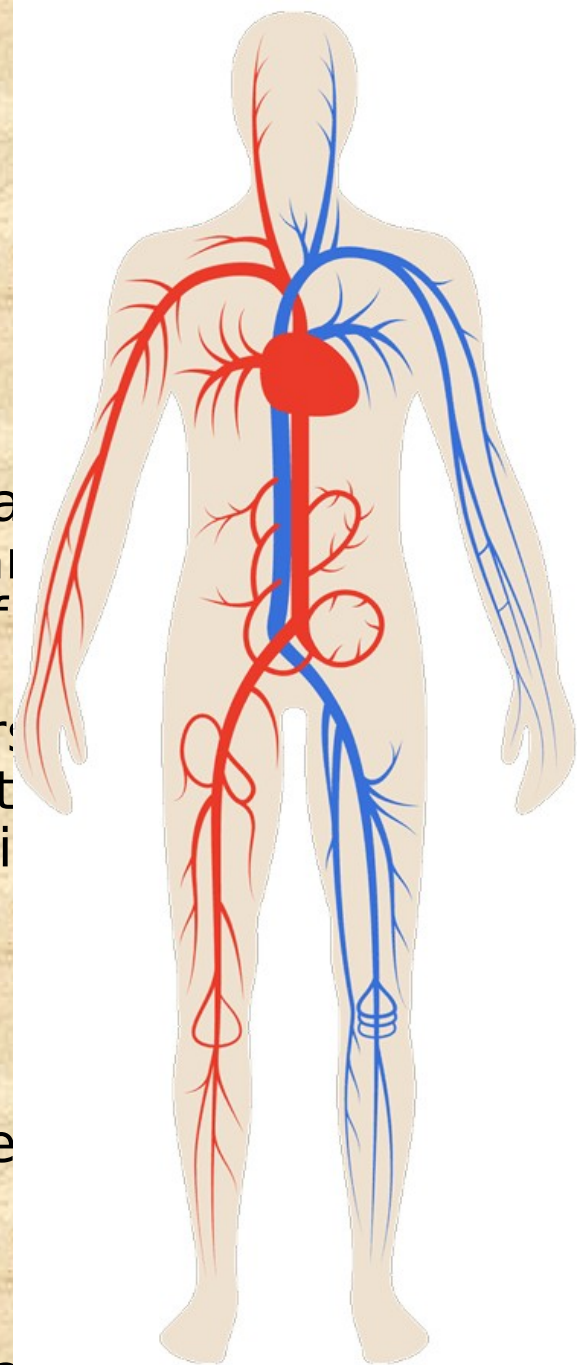
Bronchial asthma



Cardiovascular Disorder

Tachycardia (Increased heart rate with irregular of the heart rhythm) **Tachycardia** is a condition that makes your heart beat more than 100 times per minute. There are three types of it: Supraventricular. This happens when the electrical signals in the organ's upper chamber misfire and cause the heart rate to speed up. It beats so fast that it can't fill with blood before it contracts

Anginal Syndrome (Sudden and severe pain in the chest) **Angina** is a type of chest pain caused by reduced blood flow to the heart. **Angina** (an-JIE-nuh or AN-juh-nuh) is a symptom of coronary artery disease. **Angina**, also called **angina** pectoris, is often described squeezing, pressure, heaviness, tightness or pain in your chest



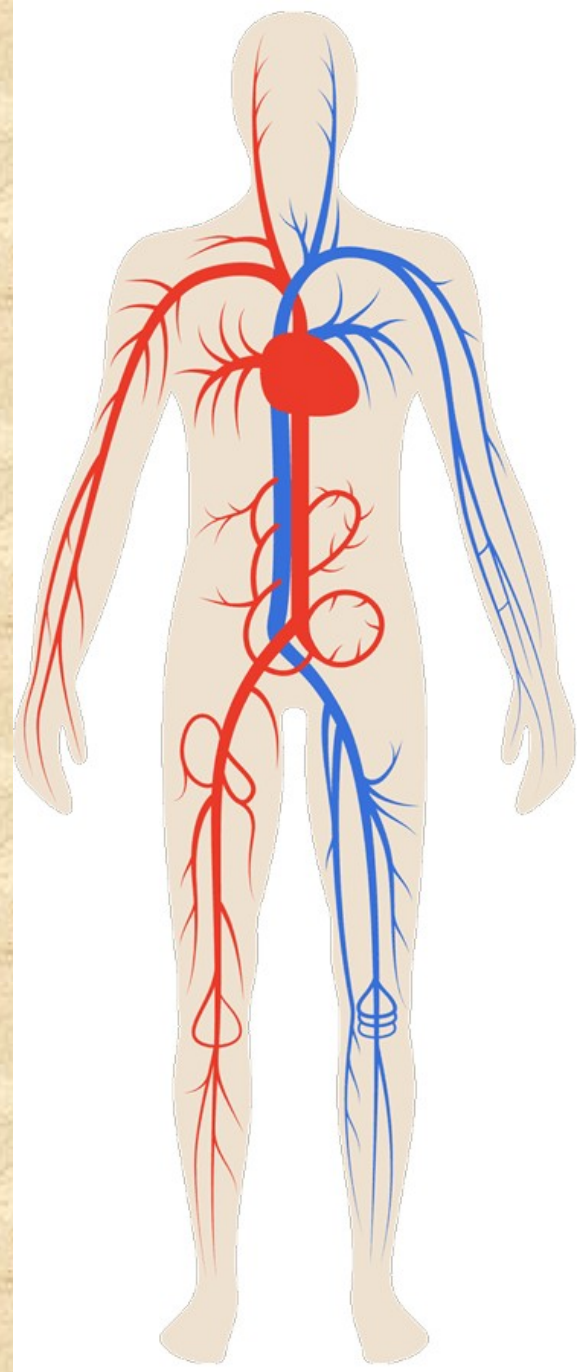
Cardiovascular Disorder

Hypertension (High Blood Pressure)

Hypertension (HTN or HT), also known as high blood pressure (HBP), is a long-term medical condition in which the blood pressure in the arteries is persistently elevated.

Coronary Disease (Heart attack)

Coronary heart disease (CHD), or **coronary artery disease**, develops when the **coronary** arteries become too narrow. The **coronary** arteries are the blood vessels that supply oxygen and blood to the **heart**. CHD tends to develop when cholesterol builds up on the **artery** walls, creating plaques.



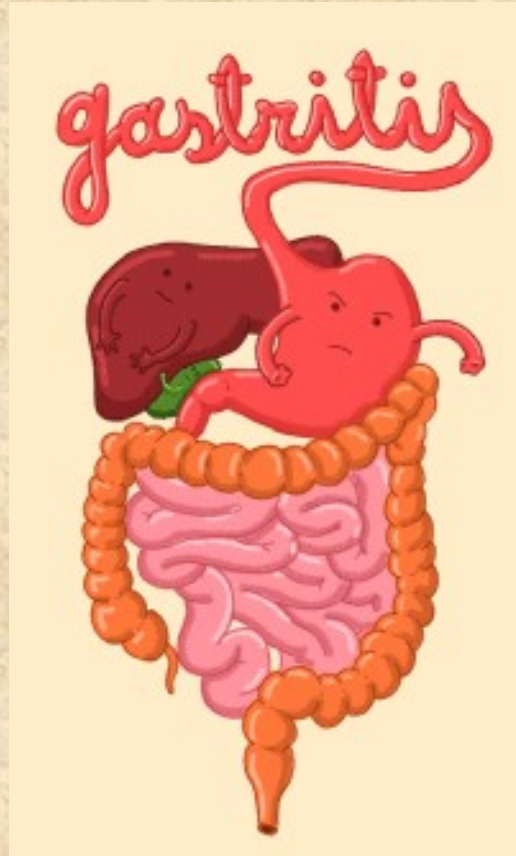
Gastrointestinal Disorder

Anorexia (Loss of appetite)

Bulimia (Excessive appetite)

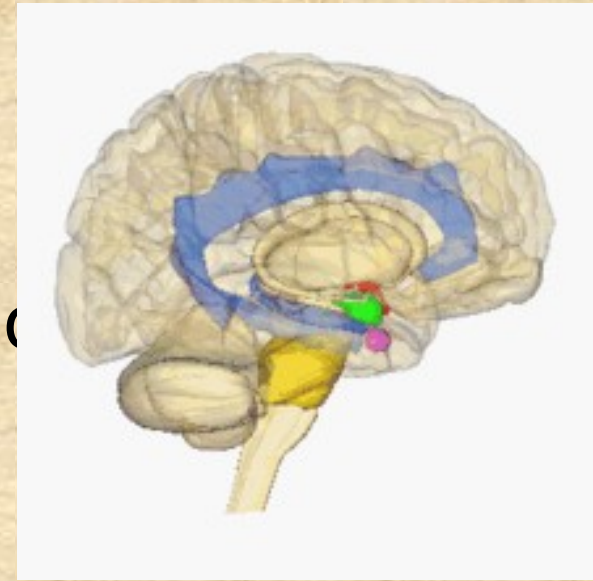
Peptic Ulcer (It is an open sore situated on the lining of the stomach or more frequently on the upper portion of the small intestine)

Colitis (Inflammation of the colon, Symptoms include diarrhea, constipation, lower abdominal pain and bleeding)



Migraine Headache

(It refers to an intensity painful headache recurring periodically on only one side of the head)



Genitourinary Disorders

Enuresis or Bedwetting

Urinary incontinence (**enuresis**) is the loss of bladder control. In children younger than age 3, it's normal to not have full bladder control. As children get older, they become more able to control their bladder. Wetting is called **enuresis** when it happens in a child who is old enough to control his or her bladder.



Menstrual Disorders

Premenstrual tension

Premenstrual syndrome (PMS) is a condition that affects a woman's emotions, physical health, and behavior during certain days of the **menstrual** cycle, generally just before her menses. **PMS** is a very common condition. Its symptoms affect more than 90 percent of menstruating women.

Dysmenorrhea (Painful menstruation)

Dysmenorrhea is the medical term for menstrual cramps, which are caused by uterine contractions.

Primary **dysmenorrhea** refers to common menstrual cramps, while secondary **dysmenorrhea** results from a disorder in the reproductive organs. Both types can be treated. **Dysmenorrhea** Menu.

Psychogenic amenorrhea (Stoppage of menstruation)

Psychogenic amenorrhea results from the interaction of intrapsychic vulnerability, external stress, and neuroendocrine disturbances. It may result from exposure

Disturbance of sexual function

Sexual dysfunction refers to a problem occurring during any phase of the **sexual** response cycle that prevents the individual or couple from experiencing satisfaction from the **sexual** activity. The **sexual** response cycle traditionally includes excitement, plateau, orgasm, and resolution.

Psychogenic Impotence (for Male)

Psychogenic impotence is where an erection or penetration fails due to thoughts or feelings (psychological reasons) rather than physical pathology.

Frigidity (for Female)

Frigidity: Failure of a female to respond to sexual stimulus; aversion on the part of a woman to sexual intercourse; failure of a female to achieve an orgasm (anorgasmia) during sexual intercourse.

Mental Health Disorders

Anxiety Disorders

Panic disorder

Phobias

Post-traumatic Stress disorder (PTSD)

PTSD is a mental health condition that's triggered by a terrifying event — either experiencing it or witnessing it. Symptoms may include flashbacks, nightmares and severe anxiety, as well as uncontrollable thoughts about the event.

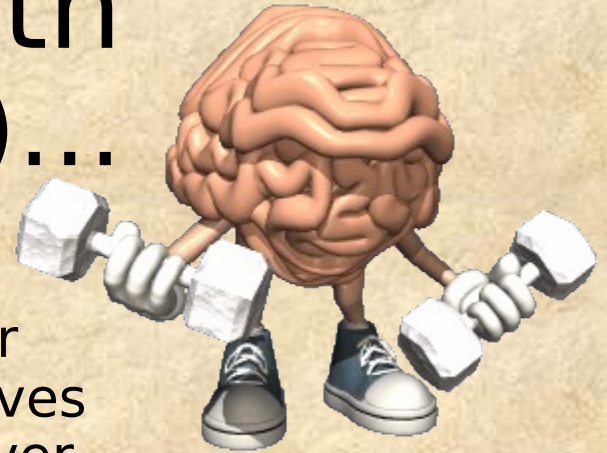
Obsessive compulsive disorder

Tension, Worries



Mental Health Disorders (continu)...

Somatic form Disorders



Conversion Disorder (**Conversion** disorder occurs when the somatic presentation involves any aspect of the central nervous system over which voluntary control is exercised.)

Somatization (The manifestation of psychological distress by the presentation of bodily symptoms.)

Hypochondria Obsession with the idea of having a serious but undiagnosed medical condition.

- ◆ Hypochondria usually develops during adulthood.
- ◆ Symptoms include a long-term and intense fear of having a serious condition and worry that minor symptoms indicate something serious. A

Dissociative Disorders

Dissociative disorders are mental **disorders** that involve experiencing a disconnection and lack of continuity between thoughts, memories, surroundings, actions and identity. People with **dissociative disorders** escape reality in ways that are involuntary and unhealthy and cause problems with functioning in everyday life

Psychogenic amnesia, also known as functional **amnesia** or **dissociative amnesia**, is a disorder characterized by abnormal memory functioning in the absence of structural brain damage or a known neurobiological cause.

Psychogenic fugue (Wanders away from home)

Dissociative fugue (formerly called **psychogenic fugue**) is a psychological state in which a person loses awareness of their identity or other important autobiographical information and also engages in some form of unexpected travel.

Dissociative Disorders

Multiple Personality Disorder

Dissociative identity disorder (DID), previously known as **multiple personality disorder** (MPD), is a mental **disorder** characterized by the maintenance of at least two distinct and relatively enduring **personality** states. The illness is accompanied by memory gaps beyond what would be explained by ordinary forgetfulness.

Depersonalization disorder (DPD), also known as **depersonalization/derealization disorder** (DPDR), is a mental **disorder** in which the person has persistent or recurrent feelings of **depersonalization** or **derealization**. **Depersonalization** is described as feeling disconnected or detached from one's self.

Depression Disorders

A mental health disorder characterised by persistently depressed mood or loss of interest in activities, causing significant impairment in daily life.

Substance abuse (alcohol, drugs)

Thank You

